



Canadian Academy of Sport and Exercise Medicine
Académie canadienne de la médecine du sport et de l'exercice

LOWER LIMB MSK ULTRASOUND BASICS COURSE

**Saturday September 28th 2019
University of Ottawa
Ottawa, ON**

Preliminary Program

Limited Spaces available



MSK ULTRASOUND BASICS COURSES - Learning Objectives

MSK US Image Optimization and Knobology

- Understand the relationship between transducer frequency and depth of ultrasound wave tissue penetration
- Be able to demonstrate the use of gain, depth, frequency and focal zone settings to optimize an ultrasound image
- Identify the unique tissue signature echotexture of muscle, nerve bone and tendon

The Lower Limbs

- Be able to identify the ultrasound anatomy of the anterior, medial, lateral and posterior hip joint
- Understand the use of bone acoustic landmarks and surface anatomy to identify key structures in the hip, knee and foot/ankle region
- Demonstrate the normal ultrasound anatomy of the knee joint including the extensor mechanism, the lateral joint space, the medial joint space, and the popliteal fossa
- Be able to recognize the ultrasound appearance of the anterior ankle joint space, the peroneal tendons, the lateral ankle ligaments, the plantar fascia, the Achilles tendon and medial ankle joint complex (posterior tibial tendon and neurovascular bundle)

Declaration of Potential Conflicts of Interest

Speakers will be requested to disclose to the audience any real or apparent conflict(s) of interest that may have a direct bearing of the subject matter of this program.

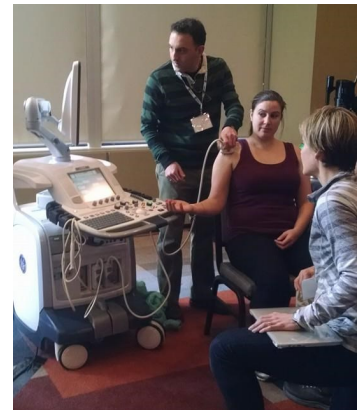
Accreditation Criteria

Please contact head office (dhaworth@casem-acmse.org) for accreditation status.



MSK ULTRASOUND BASICS COURSE UPPER LIMB SATURDAY, September 28th, 2019

- 07:00-08:00** **Registration and breakfast**
- 08:00-08:20** **Welcome /Faculty introduction/ Course overview**
- 08:20-08:40** **MSK Ultrasound Basic Physics, Knobology, and Ergonomics**
- Marcos Sampaio
- 08:40-09:00** **Imaging Conventions, Tissue Differentiation, and Artifacts**
- Marcos Sampaio
- 09:00-09:30** **The Hip Region : Normal Anatomy as Seen with Ultrasound**
- Jon Halperin
- 09:30-10:00** **The Hip Region: Normal and Abnormal Features with MRI and Ultrasound Correlations**
- Jon Jacobson
- 10:00-10:30** **BREAK—Questions and Answers**
- 10:30-11:00** **The Knee, Ankle and Foot: Normal Anatomy as Seen with Ultrasound**
- Julia lafrate
- 11:00-11:30** **The Knee, Ankle and Foot: Normal and Abnormal Features with MRI and Ultrasound Correlation**
- Jon Jacobson
- 11:30-12:00** **LUNCH**
- 12:00-12:30** **Demo: MSK Ultrasound of Hip and Thigh**
- 12:30-13:00** **Demo: Knee, Foot and Ankle Ultrasound**
- 13:00-15:00** **Lab: Examination of the Hip and Thigh (30 minutes each)**
- 1) Anterior Hip I
 - 2) Anterior Hip II
 - 3) Lateral Hip
 - 4) Posterior Hip
- 15:00-17:00** **Lab: Examination of the Knee, Foot and Ankle**
- 1) Anterior and Lateral Knee
 - 2) Medial and Posterior Knee
 - 3) Ankle Exam one (Anterior, Medial and Lateral)
 - 4) Ankle Exam two (Posterior ankle and Foot)



COURSE LOCATION

**The Ottawa Hospital, Civic Campus
Loeb Research Building – 1st floor**

725 Parkdale Ave
Ottawa ON
K1Y 4E9

Google map link:

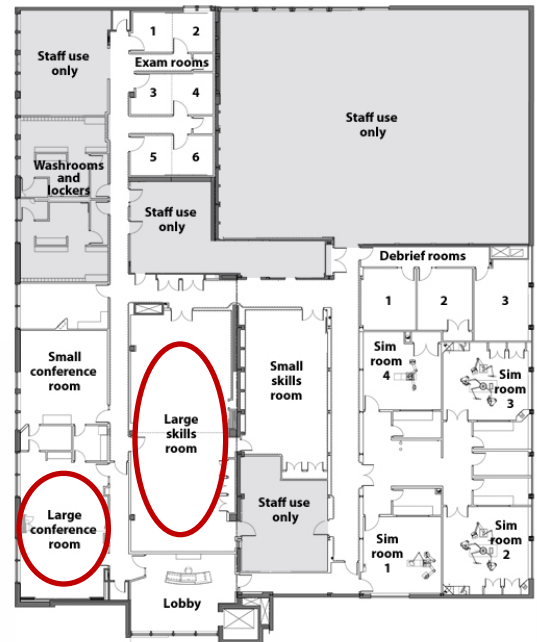
<https://goo.gl/maps/7Tt5Cspdtxq>



uOttawa

Faculté de médecine
Faculty of Medicine

uOSSC Simulation Centre Map



MSK FACULTY

MSK Ultrasound Teaching Faculty

Jon Halperin MD, Dip. Sport Med

Jon Jacobson MD

Julia Iafrate, MD

Martin Lamontagne, MD

Gerry Malanga, MD

Rose Martel, MD, Dip. Sport Med.

Marcos Sampaio, MD

Jeff Strakowski MD

MSK Ultrasound Lab Faculty

David Mai, MD, CCFP (SEM) Dip Sport Med

Taryn Taylor, MD, CCFP (SEM) Dip Sport Med

Jessica Curran, MD, CCFP (SEM), Dip. Sport Med

MSK Ultrasound Planning Committee

Jonathan Halperin, MD, Dip. Sport Med.

Jon Jacobson, MD



Dr. Jon A. Jacobson, MD

Jon A. Jacobson, MD is a Professor of Radiology and Director of the Division of Musculoskeletal Radiology in the Department of Radiology at the University of Michigan.

Dr. Jacobson earned his medical degree at Wayne State University and completed his diagnostic radiology residency in Detroit, Michigan. Following his Musculoskeletal Fellowship at University of California, San Diego, he joined the faculty at the University of Michigan in Ann Arbor, Michigan where he is a Professor of Radiology and Director of the Division of Musculoskeletal Radiology. Dr. Jacobson's research interests include musculoskeletal ultrasound and MRI. Dr. Jacobson academic achievements include over 160 peer-reviewed publications and over 900 invited national and international lectures or workshops. Dr. Jacobson has been a visiting professor on 29 occasions and is also active in various medical societies and reviews for several journals. Jon was recognized by the International Skeletal Society and awarded the President's Medal, and has received numerous teaching and mentoring awards from the residents at University of Michigan.

In 2008, Dr. Jacobson authored the reference book *Fundamentals of Musculoskeletal Ultrasound*, a volume in the *Fundamentals of Radiology* series, which is now in its second



Dr. Jonathan Halperin, MD, Dip. Sport Med

Board certified: Physical Medicine and Rehabilitation, Dip Sport Med CASEM; CAQ Sports Medicine ABMS, Sharp Rees Stealy Medical Group San Diego, CA, Medical School: Queens's University at Kingston, Ontario Canada, Residency: Loma Linda University Medical Center (PM&R), Team Physician: Canadian National Alpine and Para-alpine Ski Teams, Co-course director AAPMR lower limb MSK Ultrasound course.



REGISTRATION FORM



Lower Limb Basics MSK Ultrasound Course Saturday, September 28th 2019 - Ottawa, ON

Please complete the form and send to cpd@casem-acmse.org or by fax at 613-912-0128

COURSE REGISTRATION FEE

(Please circle an option)

CASEM Member

\$ 600.00 CDN

Non Members

\$ 700.00 CDN

First & Last Name _____

Address _____

Address _____

Postal Code _____

E-mail Address _____

Tel. _____

Method of payment (please circle)

Credit Card VISA _____ M/C _____ Cheque included _____

Credit Card Number _____

Expiry Date m/y _____ CVC number: _____

Signature _____

CANCELLATION POLICY

A \$100.00 CDN cancellation fee will apply to all reimbursements issued prior to **July 31st 2019**. After this date no refunds will be issued.

Please complete the registration form with a method of payment and return to:

CANADIAN ACADEMY OF SPORT AND EXERCISE MEDICINE

55 Metcalfe Street, Suite 300

Ottawa, ON K1P 6L5

Tel: 613-748-5851 Fax: 613-912-0128

dhaworth@casem-acmse.org

www.casem-acmse.org

** Please note that CASEM/ ACMSE reserves the right to cancel the course due to low enrollment. **